



2025 Football Season Official Game Rules & Interpretation Last Updated: July 1, 2025

7th and 8th Grade Rules – 2025 Season

2025 NFHS Rules will govern GLIFC Games unless superseded by any local rule as outlined below:

Kickoffs – Yes

Punts – Yes

Penalties – High School Football Format

Extra Points – One (1) point by running or passing into the end zone.

Two (2) points by kicking through the goal posts.

Formations – All legal formations.

Age Limit – A player is considered eligible to compete in this conference's 7th or 8th grade division by being in good standing with a Wisconsin accredited school or home-school program in a corresponding grade level.

Weight Limits

– None

Size of Football –

8th grade a TDY, TDS or equivalent.

7th grade a TDY or equivalent.

Kick-offs/Punts – Use game ball of kicking/punting team and ball will be switched prior to first offensive snap of receiving team.

Players' Numbers – There are no rules for the GLIFC regarding eligible/ineligible jersey numbers. Recommend linemen numbers 50-79.

Defense – Blitzing is legal.

Length of Quarter – 8 Minutes. Continuous clock rules apply in 2nd half play (35+ point differential).

Overtime – No overtime.

Practice Starts – July 28, 2025

- Per USA Football Heat Acclimatization Standards – Week 1 to be unpadded.
- First Padded Practice August 4, 2025

Scrimmage Option – Earliest August 9, 2025

Game Day – Conference games begin per 2025 GLIFC Schedule with no games on Labor Day weekend. Conference games resume on Saturday each week following Labor Day, unless agreed to by both coaches and organizations. Non-conference game scheduling is done at the discretion of each organization.



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7th and 8th Grade Rules Continued – 2025 Season

2025 NFHS Rules will govern GLIFC Games unless superseded by any local rule as outlined below:

Note: Head coaches/officials can request a short (max. 2 minute) stoppage of play to address the following:

- Clarify the rules if the situation presents itself.
- Discuss how to constructively adjust play to compensate for a team that is significantly over-matched.
- This is not the time to challenge calls. It is meant to provide clarity, improve, communication, and the overall game experience for the kids.

Recommended Game Start times:

- 5th @ 9:00 AM, 6th @ 10:30 AM, 7th @ 12:00 PM, 8th @ 1:30 PM
- Communicate your scheduled home game times to all GLIFC Board Members by 6/1/2025.
- Start times may be modified if agreed to by both coaches and organizations a minimum of 48hrs prior to start.

Post Season – Yes

Final Standings Tie Breaking Order:

- A) Most Wins
- B) Head-to-Head
- C) Least Points Scored Against (Season Conference Total)

Safety - Safety of all players is our #1 priority.

- If a helmet from an offensive player would become removed during a tackle or block, the officials will blow the ball dead and the ball will be placed at the spot of where the whistle was blown with the team that had possession of the ball at the time of the whistle maintaining possession.

Game Day Decorum:

- Officials – 4 per game minimum that are WIAA Certified in Wisconsin. There will be one WIAA certified official designated as “white hat” and will control the games officiating.
- A pre-game meeting between opposing coaches and officials is required should include discussion of any rules that are different from standard NFHS Rules. A copy of the rules should be available by the home team for reference.
- Coaches are responsible for keeping themselves 2 yards from the sideline.
- Parents and fans should also be a reasonable distance away from the sideline. This issue should be addressed with parents prior to the season in a parents’ meeting.



2025 Football Season Official Game Rules & Interpretation Last Updated: July 1, 2025

5th and 6th Grade Rules – 2025 Season

2025 NFHS Rules will govern GLIFC Games unless superseded by any local rule as outlined below:

Practice Starts – July 28, 2025

- Per USA Football Heat Acclimatization Standards – Week 1 to be unpadded.
- First Padded Practice August 4, 2025

Scrimmage Option – Earliest August 16, 2025

Game Day – Conference games begin per 2025 GLIFC Schedule with no games on Labor Day weekend. Conference games resume on Saturday each week following Labor Day, unless agreed to by both coaches and organizations. Non-conference game scheduling is done at the discretion of each organization.

Note: Head coaches/officials can request a short (max. 2 minute) stoppage of play to address the following:

- Clarify the rules if the situation presents itself.
- Discuss how to constructively adjust play to compensate for a team that is significantly over-matched.
- This is not the time to challenge calls. It is meant to provide clarity, improve, communication, and the overall game experience for the kids.

Recommended Game Start times:

- 5th @ 9:00 AM, 6th @ 10:30 AM, 7th @ 12:00 PM, 8th @ 1:30 PM
- Communicate your scheduled home game times to all GLIFC Board Members by 6/1/2025.
- Start times may be modified if agreed to by both coaches and organizations a minimum of 48hrs prior to start.



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5th and 6th Grade Rules Continued – 2025 Season

2025 NFHS Rules will govern GLIFC Games unless superseded by any local rule as outlined below:

Size of Football –

6th grade a TDJ or equivalent.

5th grade a TDJ or equivalent.

Players' Numbers – There are no rules for the GLIFC regarding eligible/ineligible jersey numbers. Recommend linemen numbers 50-79.

Defense – Blitzing is **NOT** legal.

Length of Quarter – 8 Minutes.

Continuous clock rules apply in 2nd half play (35+ point differential).

Age Limit – A player is considered eligible to compete in this conference's 5th or 6th grade division by being in good standing with a Wisconsin accredited school or home-school program in a corresponding grade level.

Weight Limits – Weight limits apply to anyone who may carry the ball on offense or defense. Any offensive player without a green sticker cannot advance the ball and the play is blown dead at the ball location.

5th Grade - The weight limit for ball carriers is **110 lbs without equipment**. This weight should be established at the beginning of the season and reestablished on Monday evenings weekly. Players identified at that time are the only eligible carriers for the season/week. All players eligible to carry the ball shall wear a green sticker on the back of their helmet. Players above the ball carrier will only play offensive line.

6th Grade - The weight limit for ball carriers is **120 lbs without equipment**. This weight should be established at the beginning of the season and reestablished on Monday evenings weekly. Players identified at that time are the only eligible carriers for the season/week. All players eligible to carry the ball shall wear a green sticker on the back of their helmet. Offensive players above the ball carrier weight will only play offensive line.

Overtime – None.

Kickoffs – No Kickoffs at 5th or 6th Grade Levels. Format will be an automatic Kickoff. Ball to be spotted at the offensive team's own 35-yard line as a replacement for all kickoff scenarios.

Penalties – High School Football Format

Extra Points – One (1) point by running or passing into the end zone. Two (2) points by kicking through the goal posts



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Punting – Dead ball punting is required for 6th grade with no exceptions.

5th GRADE Punting (Automatic):

- Punts will be automatic 30 yards from declared spot, or existing line of scrimmage towards the opposing team's goal to defend. The result of a declared punt shall not be spotted inside of the 20 yd line of the receiving team.
- Process – Offensive Head Coach simply advises the officials that the offense is declaring a punt.
- Officials will move the spot 30 yards from the line of scrimmage and signal a possession change.

6th GRADE Punting (Dead Ball):

- **Offense/ Punting Team:**
 - Punting team must declare a punt to the officials.
 - The officials will advise both offense and defense that the next play will be a “dead ball” play.
 - There is no need for players to move other than the center snap and the punter punting.
 - Kicking team will snap from center. No rush from defense.
 - Fake punts are not allowed in either grade.
 - Kicker needs to stay between the tackles and kick no closer than 5 yards from the line.
 - Receiving team shall drop no more than 3 players deeper than linebackers.
 - Ball is marked dead where the punt is recovered by the receiving team, or where the ball comes to rest.
 - No advancement of any punts by either team.
 - No blocking or tackling on punt plays.
- **Defense/ Receiving Team:**
 - Standard Defense only against the punt.
 - It is considered a dead ball punt. No rush.
 - If punt snap is fumbled, kicker must complete the play with a kick.
 - If punt does not reach line of scrimmage, it will be the defenses ball on the original line of scrimmage.
 - There is no coverage from the punting team.
 - The receiving team may cover or touch the ball once it crosses the line of scrimmage.
 - Ball is marked dead where the punt is recovered by the receiving team, or where ball comes to rest.
 - No advancement of any punts by either team.
 - No blocking or tackling on punt plays.



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5th and 6th Grade Rules Continued – 2025 Season

2025 NFHS Rules will govern GLIFC Games unless superseded by any local rule as outlined below:

Defensive Overlays:

- The defense may not make any actions intended to simulate the snap of the ball or draw the offense offsides. Shifts intended to deceive are not allowed.
- The center will be uncovered. Tackles can play in the A gap but cannot play over the center. The goal is to be able to get the snap off and allow the play to be completed.
- Linebackers are NOT allowed to blitz at the snap and must start 4 yards from the line of scrimmage. After the ball is snapped, they are allowed “normal” pursuit or take the appropriate pass drops on passing plays.
- Linebackers will line up a minimum of 4 yards from the line of scrimmage. Between the 2 yard line and the goal line the linebackers can be 2 yards from the line of scrimmage. This is intended to keep the linebackers from “creeping” up to the line of scrimmage and overwhelming the offensive line. Any intentional blitzing identified by the officials will result in a 15 yard penalty. It is recommended officials warn the offending team before calling a penalty.
- Maximum of one (1) coach allowed in the huddle for 5th grade but are not allowed to coach during the play. No 6th grade coaches allowed on the field except during timeouts.
- No “psycho-defenses” or “gimmicky defenses” allowed. An example of this would be having all defensive players standing up and shifting positions prior to the snap. Our goal is to simplify things for the offensive linemen to allow them to focus on learning technique and having some success in executing their blocking schemes.
- At the 5th/6th grade levels there will be no more than 5 defensive players, including defensive backs, lined up within 4 yards of the line of scrimmage on any given play.
- All linemen including defensive ends shall be in a 3- or 4-point stance, or 4 yards off the line of scrimmage inside the tackles.

Offensive Overlays:

- At 5th Grade - one (1) Offensive Coach is allowed on the field prior to the snap. No coaching during the play. No 6th grade coaches allowed on the field except during timeouts.
- If it is determined that you were coaching during the play the first time the official will warn the offending coach. The second and subsequent times will result in 10-yard penalties each time.
- On offense, any formations that are within the WIAA rules can be used.
- “Crack-back” blocks are not allowed. Blocks intentionally aimed at blindsiding a player are not allowed and player will be penalized.



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Game Day Decorum:

- Officials – 4 per game minimum that are WIAA Certified in Wisconsin. There will be one WIAA certified official designated as “white hat” and will control the games officiating.
- A pre-game meeting between opposing coaches and officials is required should include discussion of any rules that are different from standard NFHS Rules. A copy of the rules should be available by the home team for reference.
- Coaches are responsible for keeping themselves 2 yards from the sideline.
- Parents and fans should also be a reasonable distance away from the sideline. This issue should be addressed with parents prior to the season in a parents’ meeting.

Safety - Safety of all players is our #1 priority.

- If a helmet from offensive player would become removed from a player during a tackle or block, the officials will blow the ball dead and the ball will be placed at the spot of where the whistle was blown with the team that had possession of the ball at the time of the whistle maintaining possession.

Post Season: None